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Trip to Dublin

Hi, my name is A.E. and I'm a grateful recovering marijuana addict. This story takes place in Ireland and shows how experience, strength, and hope helped me overcome life on life's terms.

For two years I had maintained complete chemical abstinence from all mind- and mood- altering substances, including alcohol, and dedicated my time to service in the fellowship which has been instrumental to the continued success of my sobriety.

In early 2019, my partner and I took a three-week vacation to Ireland. We had made plans years ago to take this trip, but careful planning was necessary now to ensure safe boundaries to our continued sobriety. Ireland is a country chock-full of amazing wonders, with many historical sites, but it also has a culture of alcohol-appreciating connoisseurs. Without chemical influence and after stressful planning, I looked forward to taking this trip while sober.

My plan for sobriety during these three weeks went well. I checked in regularly with a member in the fellowship in the states, meditated, read the *Life with Hope* book, and wrote my MA World Service Conference 2019 report that was due at the District meeting that month. Having that responsibility of service and accountability to the fellowship was incredibly helpful in maintaining a clear head and reminded me that I wasn't alone.

We had rented a vehicle to drive around through major cities and towns before coming back to

Dublin, but my partner had an expired driver's license so the responsibility to drive fell upon me. Driving in a foreign country where rules and street signs are different, and driving on the left instead of the right side can be nerve-racking. I had driven in Australia with the same conditions a couple of years ago, but I wasn't sober then.

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I'd managed to drive for three weeks all around Ireland with no accidents. The inner city streets of Dublin are confusing, and constant vigilance of awareness was needed. Unfortunately, the day before leaving, I hit a professional cyclist who was tailgating a delivery truck. It happened so fast that there was no time for either one of us to react until it was too late.

Thankfully, there were no serious injuries. The cyclist was diagnosed with a minor head concussion; a €10,000 professional racing bike and helmet were destroyed. There

were scratches on the car's front bumper, and lastly, bruises to my confidence and pride. It was difficult to convey my concerns for the victim while shaking like a leaf from the adrenaline, and with witnesses hovering around pointing fingers at me and assuming that I'd abandon responsibility. I'm truly grateful to my partner as well as the Guard (police officer) and the EMT that were there to assist.

After all was processed, the Guard suggested that I park the car and have a stiff drink at a pub to calm down my nerves before heading to our final destination. I calmly replied, "thank you, but I don't drink alcohol." Before sobriety my usual reaction to this situation would be to use and numb out. I was relieved that I wasn't tempted and had no such desires.

After a regrettable ending to the vacation I wasn't in the mood to meet or be around new people. Accountability sometimes plays like a guilt trip against me. If I say or make a promise to do something, I hate myself if I don't follow through. That behavior resonates with my isolating behavior when I was using. Attending a meeting is like going to the gym. At first, you find all sorts of reasons not to go, but when you do, you always feel better for it. I've learned over the years that being present for others forces me to be present for myself.

I knew that without accountability I could possibly relapse. I did find a meeting in Dublin which met once a week, but unfortunately wouldn't be able to attend until the

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ANL's Purpose

The purpose of **A New Leaf** is to carry the message of recovery from marijuana addiction. It is through the written experiences of recovering addicts and their stories that we may find experience, strength and hope.

Articles submitted should reflect recovery, unity, and service.

The articles contained in **A New Leaf** are the sole opinions of the authors and do not reflect the opinions of Marijuana Anonymous as a whole. MA is not affiliated with—and does not endorse or accept contributions from—any outside enterprise.

We are reaching out to districts to update the ANLP Liaisons and birthday lists. Additionally, district/group service representatives, including but not limited to those serving as ANLP Liaisons, are encouraged to stay in touch: chiefs@anewleafpublications.org

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day before I would fly back to the USA. Through prior contingency planning, I contacted the secretary of the MA meeting in Dublin, and we made arrangements to meet at an open park near my hotel. I was asked and agreed to be their Chairperson. That afternoon I was to meet with the Dublin MA group. It was a beautiful evening out in an open field, and with the wonderful company of folks from the MA fellowship. I shared my journey

of experience, strength, hope, and recapped the events of that day.

I'm glad that I chose to attend the meeting, and to ignore the choice to isolate. The honest vulnerability of each MA member's journey will be a memory and experience that I'll treasure. I've a lot to be grateful for, and sobriety has unlocked new discoveries I thought unattainable.

I'm a grateful recovering marijuana addict, honored to be of service. ▲

~ by A.E.

Progress, Not Perfection

I've been meaning to write something "perfect" for about three years now. Since one of my character liabilities is perfectionism, I think it is high time I write SOMETHING rather than continue to be stifled by perfectionism, cousin ally to my addictive behavior.

I'm just going to be real here: I want to be great, amazing, wonderful, stellar. And I used to use to fuel my motivation when it fell away. Then I lost my soul and searched for courage through the Kaballah which brought me to an oath of sobriety in anticipation of coming face to face with God. Then I got more real with myself and realized I would not maintain my program of recovery begun through the tree of life ascension process unless I had a program.

That's why I came, with my addicted boyfriend's dog to the first meeting in West Seattle which eventually became my home group. My whole life I have been looking for home. Where I grew up I wanted home, so I moved to plant my artist seed self in Seattle. The seed grew, but with tares of addiction, false friends, and games.

Thank Goddess for the leagues of angels that have kept me safe and within breath of new hope throughout the whole journey through allowed violation of self after allowed violation of self. But I am whole now. If fragile.

Three years in and I'm beginning to find myself. Home is where the heart is. My heart is learning to be in me, safe and protected on the daily with a program of morality, consciousness, and follow-through. I act as best I can to follow honest Christian principles, to learn about Love and to learn to love and take care of myself. Even if I'm not a star. Nor getting any younger. Nor a master of anything.

I am on the road though, the straight and narrow, and with grace Principle protecting me inside the Serenity Prayer, I will stay here. Persistence. Gratitude. Imperfection allowing me to do my best for the moment, then take a rest. Because Lord knows I need it. Then more work! Work, work, work, work, grow, be, glow... ▲

~ by Sheri B.

There's a Lot To Do

There's a lot to do
I'm running around
Just trying to keep my
feet on the ground

The world feels scary
Or is it just me
Is this reality or the way I perceive?

Then I stop for a minute
And close my eyes
Guidance from inside
says "it's all lies"

I looked way deep down
To the center of me . . .
G-d said . . .
"Truth lives beyond what you see"

"Open up and allow
Spirit to flow"
So I did . . .
Now I know

~ by Sandra J.

Special 30th Anniversary Edition Life with Hope

To help celebrate MA's 30th anniversary, a very special reproduction of the original Life with Hope book has been printed with a loving dedication to the founders of our program.

The beautiful gold embossing on a deep forest green cover looks and feels as significant and valuable as the recovery wisdom contained within. Spiral binding allows the book to open flat, plus this edition features the larger print and formatting of the original text.

This slim, exclusive volume will be a prized addition to your recovery library, and purchasing one will help Marijuana Anonymous carry the message to marijuana addicts who still suffer.

This 30th anniversary memento will be available at the 2020 Convention in February and soon online at our fellowships websites!



Daily Meditations Wanted!

Our MA fellowship is interested in creating a daily reader to add to our body of literature. All members are invited to submit daily reflections through an easy, online form. Find it below and thank you for your service.

<http://tiny.cc/MA-daily>

The Reflections Daily Meditation Book



2020 MA CONVENTION

A Vision For Us

February 14th - 16th 2020
30th Anniversary of MA

Airtel Plaza Hotel
7277 Valjean Ave. Van Nuys, CA 91406
www.mawsconvention.org



JOIN US!

President's Day
Weekend

Questions?:
ma2020reg@gmail.com or
call Felicia F. (310) 714-3361

Marijuana Anonymous Worldwide

For a complete listing of all meetings visit
WWW.MARIJUANA-ANONYMOUS.ORG

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Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.



Tradition Two

For our group purpose there is but one ultimate authority, a loving God whose expression may come through in our group conscience. Our leaders are but trusted servants; they do not govern.

Celebrating 119 Years of Sobriety!

District 4

A. E.	1/6/2017	2 yrs.
Chris C.	2/13/2014	6 yrs.
Sheri B.	1/20/2017	3 yrs.

District 5

Barbara N.	1/2/2019	1 yr.
Hillary	1/9/2009	11 yrs.
Layne	1/18/2010	10 yrs.
Matt N.	1/6/2019	1 yr.
Melody C.	1/16/1989	31 yrs.
Robert M.	1/18/2018	2 yrs.
Robert S.	1/2/2017	3 yrs.
Tony R.	1/1/2004	16 yrs.

District 7

Jeb C.	12/9/2013	6 yrs.
Joemar	12/10/2015	4 yrs.

District 21

Adam T.	11/23/2018	1 yr.
Marcy G.	12/4/2015	4 yrs.
Michael	1/6/2019	1 yr.
Nichole	11/17/2017	2 yrs.
Patrick	11/17/2018	1 yr.
Steve W.	1/10/2017	3 yrs.
Tresa W.	11/24/2010	9 yrs.
Vera	12/8/2017	2 yrs.

See your sobriety date here.

Allow us to publish your anniversary to celebrate!
Provide your sobriety date to your local GSR, ANLP Liaison, or e-mail to:
chiefs@anewleafpublications.org